

Pre-op and Post-op Instructions for your Oral Sedation Appointment

The day before your appointment:

- *No alcohol or recreational drugs* - The dentist cannot safely sedate you if you have had alcohol, narcotic pain medications, or any other recreational drugs including any form of marijuana. Illicit drugs such as cocaine can be life threatening to your oral sedation appointment.
- Do not take any *additional medications* that have not been previously disclosed to your dentist (e.g. OTC pain medications, antacids, herbal or nutritional supplements).
- If a prescription was written for use the night before your appointment, please take the medication as prescribed. These medications will help you to be well rested for your appointment and will improve the success of your sedation the next day.
- Confirm that you have a reliable escort to drive you to and from your appointment. We will not be able to proceed with your appointment if you do not have a driver. He or she does not need to remain at the office for the entire appointment.

The morning of your appointment:

- Arrive 1 hour prior to your appointment, with your prescribed medications. If you have an 8:00 am appointment, please arrive at 7:20 am, with your prescribed medications. After you arrive and check-in at the front desk, please take your medication as prescribed.
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- Clear liquids are allowed up until your arrival time.
- Make sure to follow your normal routine for other prescription medications (e.g. take your blood pressure medication at the same time you usually do). Do not interrupt other previously prescribed medications on the morning of your sedation, unless otherwise instructed by your dentist or physician.
- Please leave jewelry and watches at home.
- Do not wear contact lenses.
- Wear short sleeves and comfortable clothing. Please wear a sweatshirt that zips up if you think you might need it.

After your sedation appointment:

- Do not drive a motor vehicle for 24 hrs following your sedation.
- Do not operate any hazardous devices/machinery for 24hrs after sedation.
- A responsible adult should be with you until you have fully recovered from the effects of the sedation.
- Do not go up and down stairs unattended until the effects of the sedation have subsided.
- Resume normal eating and drinking after the sedation appointment, unless otherwise instructed by your dentist.
- Drink plenty of water to prevent dehydration and the “hang-over” effect of the sedation medications.
- You should not be left unattended after the sedation. You may seem normal but the effects of the medication can last several hours after the appointment has ended. Do not make important decisions for the remainder of the day.
- Call the office if you have any questions or concerns. If you feel that your symptoms warrant a physician and you are unable to reach us, go to the nearest emergency room immediately.
- ■■■■ has a 24 hour answering service, please call ■■■■ with any concerns or questions.